

## STUDENT OF THE MONTH: RILEY SUEN



Some kids come in with lots of energy with parents who are looking for a positive place to expend that energy. And PMA is just the place to go! Riley was one such student and now he is one of our most disciplined youth members.

Riley started training at Progressive Martial Arts when he was 5 years old, which was almost 5 years ago. In our Lil Dragon program, Riley developed the listening skills and discipline that created the foundation for his training today. He's come a long, long way, going through our Lil Warrior Program and about two years ago, was invited to the Lil Warrior Black Belt Club. Currently, he is an Orange/Brown Belt in that program.

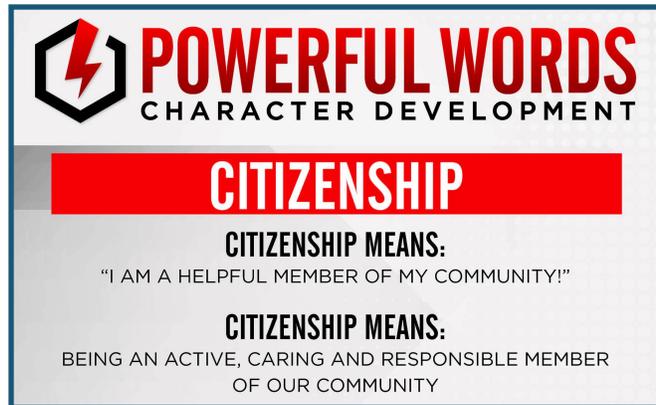
Besides maturing over the last 5 years, we have watched Riley improve in all areas whether it be his fitness or his martial arts skills or his listening and self-discipline. We are so proud of how far he has come and how, even through virtual learning, he remained consistent in his training. His favorite part of class is when they do boxing drills. And Riley loves coming to PMA because "they teach you how to not get hurt."

Riley is a wonderful example of energy directed in a positive way and his parents really made the right choice when they brought him to the school. It's been such a pleasure to see him get focused and to watch him continue to grow in the classes.

Outside of PMA, Riley attends PS 163Q. He also enjoys playing games, playing piano and playing baseball.

Congratulations, Riley on all your hard work and growth! We're so excited to see where your martial arts journey continues to take you.

NOVEMBER'S  
POWERFUL WORD  
OF THE MONTH:  
**CITIZENSHIP**



## GIVING THANKS: 7 WAYS TO TEACH KIDS

- 1) **Daily Dose:** Take time each day to encourage your children to express gratitude. They can do this by making an entry in a family journal or by simply talking about what they are grateful for.
- 2) **Model Thanks:** As with everything, modeling is the best way to teach your children to be grateful. Be lavish with your thanks. Thank your children for hugs. Thank the cashier for ringing up your groceries. Thank the bus driver for returning your students home safely. Letting your children see that you are grateful will encourage them to be so as well.
- 3) **Establish Rituals:** We all know the importance of family rituals. Establishing rituals that highlight being thankful is a wonderful teaching tool. Start dinner with each family member sharing what they are most grateful for. Say goodnight by sharing what you were thankful for that day. Any ritual that based on gratitude will reinforce its power.
- 4) **Volunteer:** Volunteering is a great way for your children to see gratitude in action. There are numerous chances in every community to volunteer. Homeless shelters, nursing homes, and mentoring programs are just a few. There may also be other opportunities closer to home. Perhaps an elderly relative or neighbor could use a hand. It feels good to help others. Therefore, your children not only benefit from that, but they also get to experience the warmth of appreciation. Two things for which they can be grateful.
- 5) **Assign Chores:** Children learn by doing chores. They learn what it means to be part of a whole. They learn their contributions are important. They also learn that most things take effort. Simple household chores can help children learn to be grateful when they benefit from the efforts of others.
- 6) **Thank You Notes:** Writing thank you notes for gifts is a very literal way of teaching your children gratitude. Putting down on paper what they enjoyed about a particular gift, reminds your children why they are grateful for it.
- 7) **Find Your Gratitude:** Always be on the lookout for things to be grateful for and express your gratitude. When your children hear you say things like, "Buster is such a good dog" or "What a beautiful day", they realize they can be grateful for even the smallest of things.